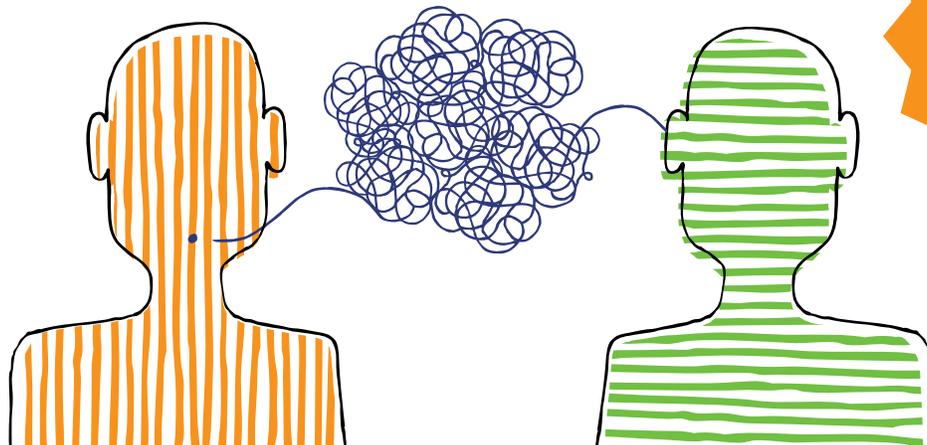




FAIRFAX - FALLS CHURCH

**Community  
Services Board**



**Now  
meeting  
virtually**

# HEADS UP & TALK IT OUT

Concurrent Teen & Parent Recovery Groups

Connect with teens  
and parents who've  
*been there.*

Share your story.  
Work through it.

Move forward and  
help others.

## THURSDAYS, 6 TO 7 P.M.

"Heads Up" and "Talk It Out" are weekly virtual concurrent groups. Heads Up is for teens between the ages of 14-17 who are working through emotional, mental health or substance use challenges. Talk It Out provides support, education and resources for their parents and guardians.

Groups will feature guest speakers and participants are welcome to drop in any time, weekly attendance is not required. These confidential sessions will be held via Zoom for Telehealth.

For more information or to get the access code to join the groups, contact  
Anna Davis at 703-383-8404 or [Anna.Davis@fairfaxcounty.gov](mailto:Anna.Davis@fairfaxcounty.gov) or

David Edelman at 703-481-4008 or [David.Edelman@fairfaxcounty.gov](mailto:David.Edelman@fairfaxcounty.gov) and reference "HUTIO".

[www.fairfaxcounty.gov/csb](http://www.fairfaxcounty.gov/csb)



Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. Call 703-324-7000, TTY 711.

Aug. 2020